

THE CATHOLIC MIRROR

Vol. 57, No. 11

Nov. 15, 2024

We Sow God's Spirit by Cultivating Connections in Christ.

Hungry for the Holidays

Pantries tackle crisis of food insecurity

By Anne Marie Cox
Staff Writer

In less than two weeks, families and friends across the nation will gather to give thanks and share a meal.

Local food pantries are doing all they can to ensure there is enough food for all on that day – and every day.

“This is really a crisis. We’ve never seen so many first-time visitors in our over 48-year Food Pantry Network history,” said Leslie Garman, director of Development and Outreach at the Des Moines Area Religious Council (DMARC), which provides food to 14 pantries in the Des Moines metro area.

“People are struggling to have their basic food needs met, and today, neither food drives nor garden donations alone will meet the need we are seeing,” she said.

Annette Hacker, vice president of Strategy and Communication at the Food Bank of Iowa, agreed.

“We don’t know where the ceiling is in terms of need. We don’t think we’ve seen it yet,” she said. The Food Bank of Iowa partners with pantries in 16 counties

in the Diocese of Des Moines. Of its 700 food pantry partners, 332 are within the Diocese.

Both the Food Bank and DMARC are supported by donors. DMARC recently built a new warehouse, and the Food Bank of Iowa built a 30,000-square-foot addition to its Des Moines distribution center, doubling its food storage capacity. Those warehouses are busy.

“This is not a food museum,” Hacker said. “The food comes in, the food goes out every single day, every single week.”

Both the Food Bank and DMARC say they need more help to meet growing food insecurity in Iowa.

“We’ll treat this like an emergency because that’s what it is, but at the end of the day we know together we can unite to meet this need,” said Blake Willadsen, marketing and communications manager at DMARC.

The problem

How can there be a growing number of people suffering food insecurity when the market is up and unemployment is low?

Several factors are creating the proverbial perfect storm.

One, wages have not kept up with inflation. Yes, wages have risen, but not at a pace to keep up with costs, said Garman. Hacker backed her up, saying grocery prices rose 25% just in the last four years.

In Food Bank for the Heartland’s service area last year, one in 11 people were food insecure, said Stephanie Sullivan. The Food Bank for the Heartland covers 77 counties in Nebraska and 16 counties in western Iowa including eight counties in the Diocese of Des Moines. Today, that number is one in eight people.

“People are still struggling to afford everyday essentials like rent, medication, food, childcare,” Sullivan said. “This comes after the lingering effects of the pandemic and the floods of 2019, which Iowa and Nebraska experienced. It’s been year after year of crisis and it has created a big gap.”

Also contributing was the ending of government support programs offered during the pandemic.

“With less government support for people living in poverty, that puts it on the backs of the charitable food system,” Hacker said.



On one of his first days as the new executive director of Catholic Charities, Mike Sheehy lent a hand unloading donated food at the Catholic Charities’ Food Pantry in Des Moines.

How you can help

There are three ways people can help: Donate funds, donate food, and volunteer.

Food suppliers and pantries say the best way to help is to donate funds.

With donations, savvy buyers can purchase more food. For the cost of one jar of peanut butter, Becky Whitlow, a skilled purchaser at Des Moines Area Religious Council (DMARC) could get five or six jars. Of funds donated to the Food Bank of Iowa, 96 cents per dollar goes to purchasing and delivering food.

Food drives offer opportunities to people to pitch in and also teach youth how to help others in the community.

Parishes are pitching in. St. Pius X Parish in Urbandale is collecting funds for turkeys. St. Michael Parish in Harlan noted in its bulletin it recently collected 78 pounds of food and \$270 for the local food pantry. And, the Catholic Daughters of the Americas was collecting non-perishable food items and toiletries for the Pottawattamie County Veterans Services Pantry.

Pantries also need volunteers.

At Catholic Charities Food Pantry in Des Moines, 110 volunteers worked 960 hours in October to pick up food from businesses, package it, and distribute it, said Tom Leto, the pantry manager. To donate or volunteer, go to catholiccharitiesdm.org/

To give DMARC, go to dmarcunited.org.

To give to the Food Bank of Iowa, go to foodbankiowa.org.

To give to Food Bank for the Heartland, go to foodbankheartland.org.

The holiday spirit between Thanksgiving and Christmas bene-

Continued on page 9

Catholic Charities tries to keep up with need

By Anne Marie Cox
Staff Writer

When Tom Leto started at Catholic Charities Food Pantry about nine years ago, they were serving roughly 400 monthly 3-day food supply boxes, and the daily window of rescued food from various companies and restaurants went to about 300 people per day.

Last month, Leto said they served more than 1,000 monthly 3-day food supply boxes supporting 2,650 people. Some boxes go to individuals while others go to families with children.

And an average of 600 people per day – with highs in the low 700s – come to the daily window for food from Anderson Erickson, Walmart, Chick-fil-A, Hy-Vee, Costco, Capital City Fruit, and others that generously offer food.

“The two major challenges have been keeping up with food supplies and keeping up with volunteer support to keep the operation moving along,” said Leto, who manages the food pantry. Last month, 110 volunteers

worked 960 hours to pick up food from businesses, package it, and distribute it.

Leto is grateful for the volunteers, and to the Des Moines Area Religious Council and the Food Bank of Iowa for providing food.

“Without them, we wouldn’t be getting this done,” Leto said.

Catholic Charities Food Pantry tries to offer personal hygiene items with the monthly food boxes. That means every month they’re looking for donations or shopping for toilet paper, toothbrushes, toothpaste, bars of soap,

etc.

Some people have a monthly supply of donations shipped from Amazon directly to the Food Pantry, at 1815 Hubbell Ave. in Des Moines. Others bring in goods from food drives or collections. And people will send checks to Catholic Charities for the food pantry.

“Somewhere, it was written that the poor and needy will always be with us,” Leto said. “We’re just trying to help serve them with dignity.”

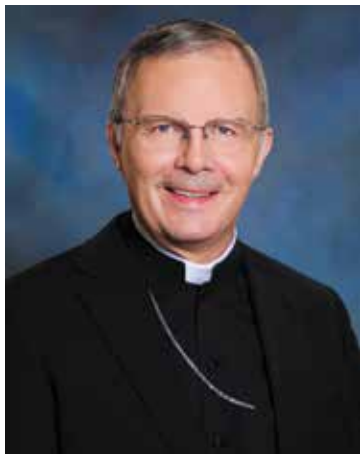
HOLY DAY

This year, because Dec. 8 falls on a Sunday, the Solemnity of the Immaculate Conception of the Blessed Virgin Mary will be celebrated on Monday, Dec. 9.

It will be a holy day of obligation.

The faithful will have two obligations to fulfill: the usual Sunday obligation, and on Sunday evening or Monday for the Immaculate Conception. One cannot attend Mass on Saturday evening and Sunday morning to satisfy both, nor can they go to Mass twice on Sunday morning and claim to have fulfilled both.

The Solemnity of the Immaculate Conception recognizes that Mary was conceived without inheriting original sin. (Catholic Catechism for Adults #142-143).



Bishop William Joensen

This month of November spans one of my favorite feast days, All Saints, then inclines toward the conclusion of the liturgical year with the Solemnity of Christ the King before winding up with our most religious national holiday, Thanksgiving. There are several spiritual and familial reasons to feast, even as we know that many in our world and in our midst are trying to eke by on a daily basis. While chatting recently with Tony, who periodically stops by my residence looking for a little support, his face lit up when he mentioned the turkey that a community organization would soon drop off for him and his girlfriend. Many folks these days are not waiting until December's "Giving Tuesday" to extend generosity and charity to their brothers and sisters in need.

Just prior to November, Pope Francis offered us a spiritual bouquet of sorts to adorn our prayer space, desk, or night stand in the form of his most recent encyclical letter, *Delixit nos*, "On the Human and Divine Love of the Heart of Jesus Christ." The title is taken from St. Paul's Letter to the Romans 8:37, "He loved us." The encyclical marks next year's 350th anniversary of the conclusion of the apparitions of Jesus' Most Sacred Heart to St. Margaret Mary Alacoque.

I find the encyclical to be one of the most moving, soul-filling messages of Francis' pontificate for a host of reasons: (1) the Holy Father weaves together the

Scriptural testimony to Jesus' compassionate attachment to us with the spiritual witness of luminous saints such as Margaret Mary Alacoque and Claude de la Colombière, Thérèse of Lisieux, Francis de Sales and Jeanne de Chantal, Charles de Foucauld, Faustina Kowalska, Vincent de Paul, Teresa of Calcutta, John Paul II and more; (2) he amplifies our own fresh diocesan vision statement, "Cultivating Connections in Christ" by his mention of "encounter" (39 times), friend and friendship (24 times) and communion (six times); and (3) Francis enlists turns of phrase and images that evoke our human sensibilities.

It's almost as though he's been peering through grandma's kitchen window the day before Thanksgiving when he observes, "No algorithm will ever be able to capture, for example, the nostalgia that all of us feel, whatever our age, and wherever we live, when we recall how we first used a fork to seal the edges of the pies that we helped our mothers and grandmothers to make at home. It was a moment of culinary apprenticeship, somewhere between child-play and adulthood, when we first felt responsible for working and helping one another" (*Dilixit nos/DI n. 20*).

Yet just when the smell of baking pies wafts over us and our eyes water from fond memories of past Thanksgivings at Grandma's house, Francis proceeds to sting our consciences to make acts of reparation for the times we have not let our own hearts be a "guest house" for Jesus (n. 17; see also n. 165). But more often than not, he coaxes us to embrace our mission to freely spread the "waves of [Jesus'] infinite tenderness" in this world (n. 197).

Reminiscent of St. Thérèse's "little way" of love, Francis cites an earlier Francis (de Sales) in

commending not only the heroic acts of fidelity we might perform, but the little ways in which we win Christ's heart and love: "I mean the acts of daily forbearance, the headache, the toothache, the heavy cold, the tiresome peculiarities of a husband or wife, the broken glass, the loss of a ring . . . the sneer of a neighbor, the effort of going to bed early in order to rise early for prayer or communion, the little shyness some people feel in openly performing religious duties." "Be sure that all these sufferings, small as they are, if accepted lovingly, are most pleasing to God's goodness" (Francis de Sales, Introduction to the Devout Life cited in DN n. 178). I'll bet most of us spending time with family during the coming holiday will have plenty of occasions to make such little acts of love as we bear with one another in close quarters!

There's so much more in this lavish "bouquet" of a message the Pope presents as a tribute to our King and Savior Jesus. It's also his way of winning our hearts over again to the Lord who cherishes us and wants to befriend us on our level of life, only to draw us into his Kingdom company with his Father in the Spirit.

May I suggest, in addition to the daily Mass readings, that the encyclical might well serve as spiritual food for reflection well beyond November into the weeks of Advent, when we prepare ourselves to again receive the Word who takes on a heart of flesh: www.vatican.va/content/francesco/en/encyclicals/documents/20241024-enciclica-dilixit-nos.html.

May I suggest, in addition to the daily Mass readings, that the encyclical might well serve as spiritual food for reflection well beyond November into the weeks of Advent, when we prepare ourselves to again receive the Word who takes on a heart of flesh: www.vatican.va/content/francesco/en/encyclicals/documents/20241024-enciclica-dilixit-nos.html.

francesco/en/encyclicals/documents/20241024-enciclica-dilixit-nos.html.

I don't know if I'll be preparing our family's traditional scalloped corn dish for the Thanksgiving table. But as I anticipate celebrating 9 a.m. Thanksgiving morning Mass—THE supreme act of thanksgiving—at St. Ambrose Cathedral, I recall so many moments recently beholding God's in-breaking love for which I give thanks. A small sample:

- The permanent deacon who got teary-eyed with joy when his son brought his beautiful little granddaughter into Church just before Mass

- The seven St. Malachy School students from Creston whom I interviewed who have either already or will receive initiation sacraments as they enter the Church

- The pre-marriage preparation meeting with an Hispanic-Anglo couple whose wedding I will officiate in a few weeks in which they recounted how their dating led them to both start going back to Mass

- The occasions when I get to simply hang out with our Des Moines priests—at our annual workshop, our clergy study days, at the recent Andrew Dinner where I listened to the panel of younger priests and Monsignor Larry Beeson as they radiated their love for Jesus and the priesthood—I get to be a priest for and with these guys!

- The Wednesdays and other times when I hear confessions and am so moved by the contrition and desire of penitents to receive mercy and love more truly,

more constantly

- The July National Eucharistic Congress in Indianapolis where night-after-night, 55,000 people in Lucas Oil Stadium fell silent in Eucharistic Adoration; and then on Saturday afternoon lined the downtown streets, publicly acclaiming their love for those who embody the heart of Jesus as religious women and clergy

- The diocesan Pastoral Center staff, with whom I look forward to collaborating most every day, with their readiness to challenge, discern, counsel, and creatively inspire me, all the while keeping me from taking myself too seriously

- The young man with tattoos and chains lining his arms who was humble enough to ask for something to eat, and was so grateful to be given a bowl of soup

- The elderly couple who accompany each other in the communion procession, one using a walker, hanging on to one another for dear life until they can hang on to Jesus, their dear life

- The call I received not long ago from a former student who now works with children with special needs, who told me that whatever I said to him seven years ago in the confessional kept him from committing suicide

- Watching my Mom in silent, tear-filled vigil before the casket of her only sibling, our uncle, Father Ralph Simington

- The gift God offers me each day of serving you, the people of the Diocese of Des Moines, whose fervent faith, disarming humor, and genuine humanity—whether born in Iowa or from a place far away—display the many profiles Jesus presents to us as together we seek his face

Thank you! I love you! O Jesus, make our hearts more like your own!

An Affair of the Heart

Un Asunto del Corazón

Este mes de noviembre tiene uno de mis días de fiesta favorito, Todos los Santos, y de ahí se inclina hacia la conclusión del año litúrgico con la Solemnidad de Cristo Rey antes de involucrarse en nuestra fiesta nacional más religiosa, Acción de Gracias. Hay muchas razones espirituales y familiares para festejar, a pesar de que sabemos que muchos en nuestro mundo y en medio de nosotros están tratando de sobrevivir día a día. En una plática reciente con Tony, quien periódicamente visita mi residencia buscando un poco de ayuda, vi su rostro iluminarse cuando mencionó el pavo que una organización comunitaria les iba a entregar a él y a su novia. Muchas personas no están esperando el "Martes de Donaciones" en diciembre para ofrecer generosidad y caridad a sus hermanos que lo necesitan.

Justo antes de noviembre, el Papa Francisco nos ofreció un tipo de ramo espiritual para adornar nuestro espacio de oración, nuestros escritorio o buró en forma de su más reciente carta encíclica, *Delixit nos*, "Sobre el Amor

Humano y Divino del Corazón de Jesucristo." El título lo tomó de la Carta de San Pablo a los Romanos 8:37, "Él nos amó." La encíclica marca que el próximo año es el aniversario 350 de la conclusión de las apariciones del Sagrado Corazón de Jesús a Santa Margarita María Alacoque.

Veo en la encíclica uno de los mensajes más conmovedores y profundos del pontificado de Francisco por una variedad de razones: (1) El Santo Padre combina el testimonio de las Escrituras con la conexión compasiva que tiene Jesús con nosotros y con el testimonio de santos iluminados tal como Margarita María y Claudia, Teresa, Francisco de Sales y Juana de Chantal, Carlos de Foucauld, Faustina, Vicente de Paul, Teresa de Calcuta, Juan Pablo II y más; (2) el amplifica nuestra propia reciente declaración de visión diocesana, "Cultivando Conexiones en Cristo" al mencionar "encuentro" (39 veces), amigo y amistad (24 veces) y comunión (seis veces); y (3) Francisco enumera variaciones de frases e imágenes que evocan nuestras sensi-

bilidades humanas.

Es casi como si se hubiera estado asomando por la ventana de la cocina de la abuela el día anterior a Acción de Gracias cuando dice, "Lo que ningún algoritmo podrá albergar será, por ejemplo, ese momento de la infancia que se recuerda con ternura y que, aunque pasen los años, sigue ocurriendo en cada rincón del planeta. Pienso en el uso del tenedor para sellar los bordes de esas empanadillas caseras que hacemos con nuestras madres o abuelas. Es ese momento de aprendiz de cocinero, a medio camino entre el juego y la adultez, donde se asume la responsabilidad del trabajo para ayudar al otro" (*Dilixit nos/DI n. 20*).

Al igual, justo cuando nos envuelve el aroma de los pasteles al hornearse y nuestros ojos se llenan de lágrimas de las dulces memorias de los días de Acción de Gracias en casa de la abuela, Francisco empieza a provocar a nuestras conciencias a hacer actos de reparación por las ocasiones en que no dejamos que nuestros corazones fueran una "casa de

huéspedes" para Jesús (n. 17; ver también. 165). Pero más que nada, nos exhorta a acoger nuestra misión de dilatar libremente en este mundo las "oleadas de infinita ternura [de Jesús]" (n. 197).

Recordando las "cosas pequeñas" de amor de Santa Teresa, Francisco cita a un anterior Francisco (de Sales) en reconocer no solamente los actos heroicos de fidelidad de podamos hacer, pero las pequeñas cosas con las que nos ganamos el corazón y el amor de Cristo: "Tantos leves detalles de caridad ordinarios, ese dolor de cabeza o de muelas, una indisposición, la palabra desabrida del marido o de la esposa, la rotura de un cristal, la pérdida de un anillo... un desprecio o una burla, la insignificante molestia que supone ir a acostarse temprano o levantarse al alba para hacer oración antes de comulgar, la vergüenza que se siente al cumplir con ciertos deberes de piedad públicamente." "Todos los sufrimientos recibidos y practicados con amor agradan mucho

Continued on page 15

THE CATHOLIC MIRROR

Bishop William Joensen
Publisher
wjoensen@dmdiocese.org

Anne Marie Cox
Editor
acox@dmdiocese.org

The Catholic Mirror (ISSN 0896-6869) is published monthly for \$25 per year by the Diocese of Des Moines, 601 Grand Ave., Des Moines, Iowa 50309. Periodicals postage paid at Des Moines. POSTMASTER: Send changes to THE CATHOLIC MIRROR, 601 Grand Ave., Des Moines, Iowa 50309.

PHONE: (515)237-5046
EMAIL: mirror@dmdiocese.org
DIOCESAN WEBSITE:
www.dmdiocese.org

St. Vincent de Paul to oversee new community services

By Jennifer Willems
Contributing Writer

As the Society of St. Vincent de Paul in Des Moines celebrates 100 years of service, members are looking at new ways of being “a first step to a second chance.”

One of them is the Sobering Center that is set to open Nov. 18 at the Polk County Life Services Center.

The ribbon cutting for the new facility, located at 1914 Carpenter Ave. in Des Moines, was Oct. 23. In addition to the Sobering Center, it will include a Crisis Observation Center and Behavioral Health Urgent Care, both staffed by Broadlawns Medical Center.

Steve Havemann, chief executive officer of St. Vincent de Paul in Des Moines, said the society will oversee and manage the whole facility, as well as staff and

run the Sobering Center. Shelly Gehrke has been named the site director.

Havemann said the Crisis Observation Center is designed to oversee and assist people who are suicidal, while the Behavioral Health Urgent Care will serve as an emergency room for those with mental health issues.

The Sobering Center will take in those who are intoxicated or dealing with multiple substance abuse issues, but are not a danger to themselves or others, until they are sober. It will be available 24 hours a day, seven days a week, 365 days a year, he said.

All of these individuals might have ended up in jail or the emergency room in the past, but this way they will get help to navigate the community resources they need and get home safely. “It’s a public safety issue, it’s a public health issue, and it’s a dignity is-



Steve Havemann, chief executive officer of St. Vincent de Paul in Des Moines, said at the ribbon cutting for the new Polk County Life Services facility that those who need the Sobering Center, or Crisis Observation Center and Behavioral Health Urgent Care, will get help to navigate the community resources they need so they can get home safely.



Des Moines health care and emergency services representatives toured the new Polk County Life Services building.

sue,” according to Havemann.

“Seeing the face of Christ”

Rather than beds, the Sobering Center has 10 medical recliners that can be easily cleaned, if necessary. In addition to a bathroom and shower, there will be clean clothes for the guests, along with water and some food. “It’s a very nice, very welcoming, dignified facility,” Havemann said.

Paramedics and EMTs will be on site at all times, he added. Two community navigators will also be available to get to know the guests and help them identify the services they need.

“So we’ll do our best to help provide that ‘second chance’ for folks and try to get them home to their families,” Havemann said, adding, “We are seeing the face

of Christ in everyone we serve.”

He credited Angela Connolly, chair of the Polk County Board of Supervisors, for her vision for the Polk County Life Services Center and making the dream a reality.

She said St. Vincent de Paul is “phenomenal. They do great work. They’ve been around forever. They’re compassionate people and they align with all of the services we provide in Polk County now so it seemed to make sense that they were our partners in this.”

Havemann also expressed gratitude to Congressman Zach Nunn for providing a \$750,000 grant for the project.

“To me, success looks like as many families as we can having one of their loved ones sober and back in their lives in a positive way,” Havemann said. “The other

thing success looks like is helping people reach their God-given potential.”

St. Vincent de Paul is an international organization with conferences in 14 parishes in the Des Moines area. Havemann estimates that includes about 450 people doing a lot of “boots on the ground” work to help people out of poverty.

The main office is in Windsor Heights, where there is also a thrift store. There are also St. Vincent de Paul centers at 1426 Sixth Ave., the historic first site, and at 520 Army Post Road, both in Des Moines. Havemann said they hope to add another site in Ankeny – with a thrift store – next spring.



CTO
CATHOLIC TUITION
ORGANIZATION

2,195 STUDENTS RECEIVED AN AWARD THIS SCHOOL YEAR

SCHOOL	NUMBER OF TUITION ASSISTANCE AWARDS	PERCENT OF STUDENTS RECEIVING AWARDS
CHRIST THE KING	136	62%
DOWLING CATHOLIC	499	36%
HOLY FAMILY	212	94%
HOLY TRINITY	115	32%
SACRED HEART	110	22%
SAINT ALBERT	241	36%
SAINT ANTHONY	193	52%
SAINT AUGUSTIN	38	14%
SAINT FRANCIS OF ASSISI	75	11%
SAINT JOSEPH	113	58%
SAINT LUKE THE EVANGELIST	70	19%
SAINT MALACHY	52	36%
SAINT PATRICK	64	66%
SAINT PIUS X	150	41%
SAINT THERESA	107	48%
SHELBY COUNTY CATHOLIC	20	24%
TOTAL	2,195	36%

**NEW FOR 2024,
DONORS CAN
DESIGNATE
75%
OF THEIR
DONATION* TO
THE SCHOOL OF
THEIR CHOICE**

*Gifts to CTO also qualify for a 75% Iowa tax credit

WITH YOUR DONATION YOU CAN HELP MORE THAN 1/3 OF STUDENTS ATTENDING CATHOLIC SCHOOLS IN THE DIOCESE OF DES MOINES!



**DONATE TODAY! [WWW.CTOIOWA.ORG](http://www.CTOIOWA.ORG)
OR CALL 515-237-5010**

How FOCUS is shaping lives

By Ryan Johnson
Contributing Writer

As a new student, Matt Prendergast was in a hurry to leave Mass one day during his freshman year of college when a FOCUS (Fellowship of Catholic University Students) missionary approached him. The encounter initiated his journey to a reversion to the Catholic faith.

As an athlete at the University of Wisconsin-La Crosse, Prendergast was like a lot of other college students today. He was away from home for the first time. He was making more decisions about how to spend his time. And he was on a path to losing his Catholic faith.

The simple invitation by a FOCUS missionary to attend a Bible study had a significant impact on Prendergast. Not only did he attend after some reluctance, but he also enjoyed meeting other Catholic athletes from campus. He built a relationship with the FOCUS missionary after what he calls being “pretty far from my faith.”

Prendergast eventually met the other FOCUS missionaries on campus. He built new relationships. He went back to Mass and received the sacraments on a regular basis. He began living a life of prayer and, in 2020, Prendergast attended his first SEEK Conference. He was among more than 10,000 college students who attended the Catholic conference. He also participated in two FOCUS mission trips to Lima, Peru. Afterward, he expanded his role in FOCUS on campus and entered small group discipleship with his missionary growing in deeper relationship with the Lord, eventually starting his own bible study.



Matt Prendergast, far right, is one of four FOCUS (Fellowship of Catholic University Students) missionaries serving the Drake University community.

Discernment Process

As Prendergast was finishing his undergraduate degree program, he had ideas about going to graduate school and pursuing a career as a physical therapist. That is when he was invited to discern if he was being called to serve as a FOCUS missionary on the campus of a college or university. He did not take the invitation lightly, knowing it is a two-year commitment and missionaries are required to raise money to support themselves.

After continued discernment and graduation, Prendergast applied to be a missionary and attended FOCUS summer training. He was placed at Drake University in Des Moines. For two years, Prendergast lived out the mission of FOCUS, walking with many college students in their faith.

In the spring of 2024, he accepted the responsibility of team director, overseeing the three other FOCUS missionaries at Drake.

He is responsible for the formation of his team and leading his team and the students in mission.

Campus Ministry

FOCUS has been a valuable resource for outreach on campus, said Megan Schultz, campus minister at St. Catherine of Siena Catholic Student Center/Drake Newman Community.

“While within campus ministry, we’re often limited to liturgical events, or structured activities on campus, our FOCUS missionaries fill the space between campus ministry and daily life,” she said. “From opening their homes to host birthday celebrations or Super Bowl watching parties, to leading Bible studies that might not even start until 9 p.m. or later, our missionaries work constantly by giving of themselves and walking with students.”

FOCUS missionaries help students live an integrated life, full of friendship and faith, amid the

Catholic Charities: Living out the Gospel message

For the past 100 years, Catholic Charities has provided help and hope to the people of central and southwest Iowa.

With a mission to empower individuals and strengthen families, Catholic Charities’ team works tirelessly to serve all who come to them with dignity, love and respect.

We are all called to serve our neighbors. At Catholic Charities, this call is answered through five vital program areas. Their staff and volunteers work to help neighbors in need by feeding the hungry, sheltering the homeless, welcoming the stranger, comforting the afflicted and much more. All who come to Catholic Charities in need of help are met with care and compassion.

They cannot do it alone.

The financial support Catholic Charities receives from parishioners and donors is vital to their efforts. When you respond to the Catholic Charities Annual Appeal, you allow us an opportunity to provide exceptional life-changing experiences that inspire growth and self-sufficiency.

Catholic Charities provides an avenue for donors to answer Jesus’ call to love our neighbor by supporting the important work happening at the organization every day. The support they receive from donors, like you, directly impacts the lives of so many. Each gift, no matter the size, provides needed services for someone who is struggling.

In 2023, Catholic Charities served more than 35,000 individuals throughout the Diocese of Des Moines and they are on track to serve more by the end of this year. Donor support enables Catholic Charities to do all that they can to uplift those who might otherwise feel helpless.

This financial support helps Catholic Charities operate effectively and efficiently. Donor dollars allow them to address the growing number of those visiting the Catholic Charities’ Food Pantry; the family who has lost everything to stay together at the Catholic Charities’ Emergency Family Shelter. Donations allow them to offer needed outreach education and advocacy for survivors at the Catholic Charities’ Domestic Violence and Sexual Assault program in Council Bluffs, and support Catholic Charities Refugee Services in their work.

To support Catholic Charities’ programs and services, visit catholiccharitiesdm.org/annual-appeal.

challenges students face, Schultz said.

Success at Drake

In his time at Drake, Prendergast met with students on campus, noting that many struggle with loneliness and mental health. He says this is common across college campuses today.

“Being a FOCUS missionary is about meeting students where they are at, building relationships and eventually inviting them into deeper relationship with Christ,” he said. “We help them build up their faith, live it out with them, and teach them to do the same with others.”

Currently, 120 Drake Uni-

versity students (and counting) are participating in Bible studies. Fifty students are in discipleship, like Prendergast was in college, and will help continue to grow the FOCUS program at Drake.

“We’re seeing spiritual multiplication taking root,” he said.

The FOCUS missionaries work in tandem with the pastor and campus ministry staff at St. Catherine of Siena Catholic Student Center on the campus.

“We are united in one mission to reach the students at Drake University,” Prendergast said.

If you would like to learn more about FOCUS and how you can support missionaries, visit focus.org.

YOU ARE INVITED!

A Child is Born!

A PRO-LIFE CHRISTMAS GALA
AUCTION & MUSIC • DINNER • KEYNOTE • NAME THAT TUNE!

Keynote by Dr. John Bruchalski
“My Conversion from Abortion to Life-Affirming Medicine”

NOVEMBER
23
2024

PULSE
life ADVOCATES

IOWA EVENTS CENTER, Hall C
730 Third Street, Des Moines, Iowa, 50309

Cocktails & Silent Auction @5pm | Dinner @6:30pm

Tickets \$100 • \$900 for a table of 10

SEATING LIMITED • RESERVE SEATS ONLINE

pulseforlife.org • 515-255-4113 • sschiltz@pulseforlife.org

Edward Jones

Named among the Forbes 2024 and 2023 ‘Best-in-State Wealth Advisors’

Matt Kneifl CFP®, CEPA®, AAMST™
Financial Advisor

1100 73rd Street | Windsor Heights, IA 50324
(515) 279-2219 | Matt.Kneifl@edwardjones.com

Member SIPC
Source: April 2023
Forbes.com

Victim Assistance Advocate

The diocese’s Victim Assistance Advocate, Sam Porter, is a staff member at Polk County Victim Services. He helps people who are or were minors when they were victims of abuse by the clergy through a complaint process. He also helps them seek support and counseling services. Porter can be reached at 515-286-2024 or Sam.Porter@polkcountyiowa.gov.

High school junior on national faith council

By Jennifer Willems
Contributing Writer

Catherine Wilwerding of Des Moines is hoping to bring a sense of Midwest hospitality and spirituality – with a decidedly Iowa flavor – to her work with the National Youth Advisory Council, an initiative of the National Federation for Catholic Youth Ministry.

She is one of 14 newly appointed members to the 2025 council.

The importance of community and how that can be used to serve others is just one of the strengths she wants to share during her 14-month term, which began in October.

“Our ability to step up and support each other is a really big thing,” Wilwerding said. “We just get behind people and rally together.”

That isn’t unusual, according to Jessica Pancho, who directs Youth Evangelization for the Diocese of Des Moines.

“Catie comes from a family who exudes joy when it comes to their faith. From what I know about her, she strives to always be a voice for those that don’t have a voice and if she experiences something great, she wants others to experience it as well,” Pancho said.

Wilwerding is the daughter of Jim and Gigi Wilwerding. They are members of Holy Trinity Parish in Des Moines, where she is a lector and extraordinary minister of Holy Communion, and helps with Children’s Liturgy of the Word.

As a junior at Dowling Catholic High School in West Des Moines, she helps to coordinate Masses and is active in Ut Fidem, small groups that meet weekly to pray and talk about how to “keep the faith” as they leave high school and move on to college.



Catherine Wilwerding

The mission of the National Youth Advisory Council is “to give a voice to the faith, hope, and love of youth by building bridges and nurturing safe spaces across generations, cultures, and backgrounds.” This shared model of ministry is designed to empower the youth “to activate their voices and gifts as members of the Church.”

As part of her work with the council, Wilwerding is expected to discern a project that can be implemented on the local level. With the help of mentor Randy Henderson, a faith formation coordinator and director of high school youth ministry at Our Lady’s Immaculate Heart in Ankeny, she wants to develop a retreat experience for high school students.

Nominated for the National Youth Advisory Council by Bishop William Joensen, Wilwerding will also work with the Diocese of Des Moines “by representing the many youth that feel left out and don’t know where to start growing in their faith,” Pancho explained.

“I honestly think that in the future she will still be leading our youth in the Diocese at a higher executive level, whether it’s as director of our Catholic Youth Camp or Director of Youth for our Diocese,” Pancho said.

Homeschool a community of faith

Children can be seen at Mass and heard on the playground during recess two days a week at Ss. John and Paul Parish in Altoona, where the St. Thomas Classical Academy uses the Faith Development Center for students ranging from first grade through high school.

The independent hybrid academy offers an option for home school families who want the flexibility of homeschooling with the benefits of a traditional classroom.

“It’s the best of both worlds,” said Joe Stopulos, board member and parent of four students at the academy.

The Stopulos family home schools because it offers an opportunity to tailor education to their children and spend more time with them. With the hybrid education model, their children go to the academy two days a week, where they benefit from

structure offered by teachers and develop friendships with classmates and their families.

Most importantly, though, Stopulos said the academy’s foundation is a group of home school families focused on their Catholic faith.

The academy began in 2017 with six students and four home-school families, and has grown consistently since then. Their curriculum includes Latin, grammar, philosophy, theology, mathematics, art, logic, history, and science. Each day the students gather, they celebrate Mass.

“It’s an incredible faith community to the parents, the teachers, the students, the volunteers, and the board,” he said. “Our goals and our vocation as parents is to get our kids to heaven. St. Thomas Classical Academy gives us the best opportunity to do that.”

Thirty youth from age 1 to 6

use Catechesis of the Good Shepherd as their model for teaching the faith. It uses a Montessori method in which the children discover and learn through a prepared environment. Eighty-four older students learn from tutors and volunteers in a typical classroom setting for learning.

“I personally love the hybrid model, especially in the younger years,” said cofounder and home-school mom Dawn Ogden.

“It gives them time to play, to read and be children. They get a solid education in a few hours a day. The curriculum is designed for the whole family; we’re reading the same books and learning similar material,” she said. “It fosters discussion about the faith and history around the dinner table or in the school commute. Those are some of the great advantages of a hybrid program.”

For more information, go to stthomasclassical.org.



Tami Lingor prepares first through third graders to begin class with prayer at St. Thomas Classical Academy.

More Catholic families trust Iles Funeral Homes thanks to our compassionate, dedicated staff.

Barb Bellizzi - St. John the Apostle	Pat O’Keefe - St. Mary of Nazareth
Kelly Broderick - St. Boniface	Brad Rea - Holy Trinity
Mark Dreckman - St. Pius X	Al Sieren - St. Patrick’s
Jan Hogan - St. Francis of Assisi	John Smith - St. Francis of Assisi
Mary Jo Howe - Sacred Heart	Doug Vail - St. Joseph
Ted Lockwood - St. Pius X	John Wild - Christ the King
Mark Masters - St. Boniface	Larry Zahm - St. Joseph

WESTOVER CHAPEL - GRANDVIEW PARK CHAPEL - DUNN’S CHAPEL
NORWALK CHAPEL - SUNDBERG-KIRKPATRICK CHAPEL - BRANDT CHAPEL

www.IlesCares.com

A FANTASTIC SHOPPING EVENT

IOWA’S LARGEST ARTS & Crafts SHOW

Over 300 Exhibitors

November 15-17

\$1 OFF ADM. WITH THIS AD

VARIED INDUSTRIES BLDG. IOWA STATE FAIRGROUNDS DES MOINES, IOWA Fri. 5-9; Sat. 9-5; Sun. 10-4	ADM. Just \$8.00 (10 & under free) FREE PARKING - Free Shuttle Bus Service from North Parking Lot on Both Friday & Saturday.
---	--

“Where You Can Buy That Quality, Handmade Product At An Affordable Price.”
Garden Art, Oak Furniture, Paintings, Ceramics, Jewelry, Metal Art Sculptures, Pet Products, Etched & Stained Glass, Yard Art, Pottery, Blown Glass, Candles, Clothing, Floral Wreaths, Toys & Dolls, Baskets, Rugs, Glassware, Purses, Ornaments and Food.

Callahan Promotions, Inc. 563-357-1986

To Purchase Discounted Advance Tickets and For A Chance To Win \$50 Gift Certificates, Visit Our Facebook Page at Callahan Promotions, Inc.



EXCEL
MECHANICAL CO., INC.

AIR CONDITIONING • REFRIGERATION • HEATING
COMPRESSED NATURAL GAS • MED GAS • BUILDING AUTOMATION
CERTIFIED BACKFLOW TESTING • PLUMBING

www.excelmechanical.us
(515) 288-1450



5701 Hickman Road
Des Moines, IA 50310

www.DivineTreasuresInc.net
515-255-5230



CATHOLIC SCHOOLS DIOCESE of DES MOINES

Why should you financially support Catholic schools?

We invest to build a solid foundation to support Catholic education for the future

- Investing in OUR dedicated staff: A plan is in place to increase administrator, faculty, and staff compensation to market rates that keeps pace with the governor's initiative to increase teacher compensation.
- Investing in OUR infrastructure: To enhance our facilities and technology to meet the current and future educational needs of our students.
- Investing in OUR financial sustainability: To help us stay up with the growing costs to educate which are expected to outpace the projected increases in ESA support.
- Investing in OUR students!

Your support is essential to fulfill OUR mission of Catholic education for today and tomorrow.

We ask you for your continued support:

- Through your parish/school with tithing & volunteering.
- Through support of the Catholic Tuition Organization.
- Through fulfilling your Ignite! Capital Campaign commitment.

Questions? Please call 515-237-5001 and ask for the Stewardship Office or the Schools Office.

Around the Diocese

Nov. 16 Saturday

Gedler Music Performance

NORWALK – St. John the Apostle invites everyone to hear Gina Gedler and musicians perform songs from the '40s through today. The dance floor will be open. Doors open at 6 p.m. Music begins at 6:30 p.m. Tickets are \$12 and can be purchased at the parish office or the door. Pulled pork sandwiches available for free-will donation.

Nov. 17 Sunday

Rosary

DES MOINES – Join Iowans to pray a monthly rosary at the Iowa State Capitol on the west steps every third Sunday at 1:30 p.m.

Nov. 20 Wednesday

Men and Mass

WEST DES MOINES – Tim Glemkowski, the former executive director of the National Eucharistic Congress, will speak on men and Mass at gathering of

Forge. Doors open at 7 p.m., talk begins at 8 p.m. at The Foundry. Glemkowski will talk about his effort to spearhead a gathering of 55,000 Catholics focused on the Eucharist. For more information, go to myforge.org.

Nov. 21 Thursday

Journey Through Grief

ADEL – Journey Through Grief is a six-session support group through UnityPoint Hospice that explores the nature of grief and the multifaceted ways it affects individuals. At 6 p.m. at St. John Church in Adel.

Nov. 23 Saturday

Holiday Bazaar

WINTERSET – St. Joseph Parish is hosting a holiday bazaar from 8:30 a.m. – 1:30 p.m. Lots of unique craft items made by our parishioners and a bake sale filled with treats. Breakfast and lunch available for a free-will offering.

Nov. 25 Monday

The Third Option

DES MOINES – All couples facing obstacles in their marriage or just trying to make a good thing better should try The Third Option – Building a Better Marriage at 7 p.m. at Mercy College in Des Moines.

Dec. 2 Monday

Walk With One

WAUKEE – St. Boniface Church hosts an evening of adoration, and praise and worship starting at 7 p.m. All are invited with a special invite to all young adults and teens.

Dec. 2 Monday

What is God's Will for Us

WEST DES MOINES – Join us at 7 p.m. at Sacred Heart Church for an Advent evening of reflection on "What is God's will for us in holiness?" featuring Marie Austin.

Dec. 3 Tuesday

Catholic Beer Club

DES MOINES – Catholic Beer Club meets at 7 p.m. at Confluence Brewing Company.

Dec. 7 Saturday

Bazaar and Bake Sale

DES MOINES – St. Theresa annual ladies bazaar and bake sale will be held from 9 a.m. – 3 p.m. in the parish hall (West Entrance). Admission is free and will include visiting and activity with Santa from 9-11 a.m., lunch and raffle. Vendors items include gifts, jewelry, art, home décor, crafts, etc.

Dec. 7-8

Bless This Holy Mess

WAUKEE – Bless This Holy Mess with author, podcaster, and speaker Katie Prejean McGrady will be at St. Boniface Church. She'll speak at all weekend Masses. Register for two mini-missions at stbonifacechurch.org/advent. Family Advent mini-mission: Dec. 7 from 10:30 a.m. – noon. Adult Advent mini-mission: Dec. 8 from 11:30 a.m. – 2 p.m.

Dec. 10 Tuesday

Blue Christmas Prayer Service

DES MOINES – Blue Christmas is a contemplative church service of peace, healing and hope for anyone who is mourning a lost loved one or experiencing hurt of any kind. Bishop William Joensen will lead the prayer service at 6 p.m. at St. Ambrose Cathedral. A reception will be held afterward. All are welcome.

Dec. 15, 22 Sundays

Advent Taizé Services

DES MOINES – Give yourself over to the simple Taizé prayer, song, and silence as a way to experience Advent in a period of joyful expectation. Holy Trinity Parish from 5-5:45 p.m.

Dec. 29 Sunday

Jubilee Save the Date

DES MOINES – Opening Mass at St. Ambrose Cathedral kicks off Jubilee 2025. Time and details will be coming soon. As we celebrate the theme "Pilgrims of Hope" our Diocese will focus on three main areas: Reconciliation, pilgrimage, and prayer.



Join Bishop William M. Joensen and Rev. Trevor Chicoine

Experience an authentic and faith-filled adventure in several of France's most exciting destinations

Departure is Wednesday, August 27, 2025 and we return on Sunday, September 7, 2025.

During our 9 nights in France, we will visit Paris, Lourdes, Lyon, Vichy, Paray-le-Monial, Ars-sur-Forman, Avignon, Arles, Aix-en-Provence, Marseille, and the Basilica of the Sacred Heart. This exciting program will include daily Mass at local churches and basilicas, a spiritual journey through the Basilique de Sacre-Coeur, dinner cruise along the Seine, tour the of the Roman ruins, and so much more!
Participants should expect to walk during much of the tours as this tour will certainly help you get your daily steps in!

The trip price per person is tentatively \$6,559* and includes topnotch accommodations for 9 nights (based on double occupancy), breakfast and dinner daily, ground transportation within France, all gratuities, entry tickets to iconic monuments and sights, and expert guides provided by our travel partner. Pricing will be finalized 6 months prior to departure (due to airfare). Trip insurance is not provided by the travel agency, but is strongly recommended.

witte Spiritual Journeys

With only 58 spots available, this trip will book quickly. If you would like more information or a brochure, email Sue McEntee at smcentee@cfswia.org or call 515-393-5239. To guarantee your spot(s) for this trip, email Natalie Delph at Witte Travel at natalied@witte.travel.com or call 616-957-8113.

Longtime educator, Sister Beeson dies

Sister Rachel Beeson, 92, died Oct. 22 at Bishop Drumm Care Center in Johnston.

Her Mass of Christian Burial was Oct. 26 followed by interment at Mt. Calvary Cemetery in Davenport.

Marietta Marie Beeson was born in 1932 in Des Moines. She entered the Congregation of the Humility of Mary in 1950 and professed vows in 1953 as Sister Mary Rachel.

Sister earned her teaching certificate from Ottumwa Heights College in Ottumwa, a B.A. in education from Marycrest College, Davenport, and a master's degree in elementary education through Southeast Missouri State University in Cape Girardeau, Missouri, in 1972. Later, in 1983-1984, she earned a Certification of Ministry through the St. Louis University Corporate Ministry Program in St. Louis, Missouri.

Sister Rachel served as a teacher and principal in Catholic and public schools for 38 years, beginning in 1953 in Cosgrove, Iowa. In the Diocese of Des Moines, she served at St. Joseph in Dunlap, St. Anthony in Des Moines, St. Pius X in Urbandale, and St. Albert in Council Bluffs. She also served at schools in Iowa at Oskaloosa, Centerville, and Albia, and schools in Minnesota and Missouri.

In 1981, she stepped away from formal education to help move her religious community from Ottumwa to Davenport. During her year (1983-1984) at St. Louis University, she also served as a counselor for the New Life Style Program, and then returned to education. She served as principal for a school in Clinton and in Muscatine.

In 1994, she decided to "sort of retire" and served as the religious education coordinator for St. Anthony Church in Knoxville, then became part of the CHM Seeds of Hope team from 2003-2011, an extension program assistant for the CHMs from 2005-2008, and a minister of prayer and witness at the Humility of Mary Center starting in 2011.

She is survived by brothers, Justin Beeson and Msgr. Lawrence Beeson, and sister, Rachel Norton, numerous nieces and nephews and her CHM community.

Memorials may be made to the Congregation of the Humility of Mary. Online condolences are welcome at www.HesCares.com.



Sister Rachel Beeson

One of 'Father's Boys' dies

By Anne Marie Cox
Staff Writer

Every Memorial Day, long-time friends Steve Moore and Larry Sloan would make an annual pilgrimage to a grave at Glendale Cemetery in Des Moines and have a beer in honor of the priest they say saved their lives.

From now on, Sloan will be going alone. Moore died Oct 8 at age 73.

Though quiet – Moore didn't want a funeral – his story is one of lifelong gratitude to the priest who took him under his wing in the late 1960s.

In an obituary for his friend on Facebook, Sloan shared how the witty and kind pastor of Our Lady's Immaculate Heart, Father Paul "Frank" Hans turned the proverbial table on the two teenagers.

"Steve and I went to OLIH church 55 years ago to try and con the priest, Father Frank Hans, out of some money for a beer party," wrote Sloan. "Father was a shrewd negotiator. We didn't get the money. Instead, we got jobs. That wasn't our plan, but our thought process was that if we worked for a couple of weeks, we'd have enough money to throw an epic beer party.

"That couple of weeks of work turned into 55 years for Steve, and a little over two years for me," Sloan wrote.

Sloan and Moore were deeply grateful for the pastor's kindness.

"He helped us believe that

we had value," Sloan said.

Forever in his debt, the two referred to themselves as "Father's Boys."



Steve Moore

They had a permanent plaque attached to Father's headstone that reads: "In loving memory of Father Paul F. Hans. He devoted his life to help-

ing others. We will never forget. Father's Boys."

From then on, Moore showed his thankfulness through his loyalty to the people of Our Lady's Immaculate Heart, where he worked up to the last two or three weeks of his life.

"He was a complicated individual but a darned hard worker, a faithful servant of the parish for 55 years," said former pastor, Monsignor Steve Orr.

Are you ready for Advent?

Advent is a busy time! It can also be a meaningful, joyful, and even peaceful time if we live Advent intentionally, as a season of preparing our hearts and homes for Jesus's coming.

Find all our Advent resources at: dmdiocese.org/livingadvent

MERCYONE SM

Health Plan

888-402-6153
(TTY: 711)

8 a.m. to 8 p.m., seven days a week*

MercyOne Health Plan is a faith-based, not-for-profit health plan and we're pleased to be

**Iowa's choice
for Medicare Advantage.**

- ✓ **\$0 premium** MercyOne Health Plan (HMO/PPO)
- ✓ **\$1,342 cash back per year** in your Social Security check on select plans
- ✓ **Large network** of trusted providers

Visit: **MercyOneMedicare.com/IA17**

*Speak with a licensed sales agent during call center hours: April 1 to September 2, 8 a.m. to 8 p.m., Monday through Friday; September 3 to March 31, 8 a.m. to 8 p.m., seven days a week.

MercyOne Health Plan (HMO/PPO) is a Medicare Advantage organization with a Medicare contract. Enrollment in MercyOne Health Plan depends on contract renewal. Benefits vary by county. Not all plans have \$0 Premium or Cash Back (\$1,342.80 per calendar year, which is \$111.90/month). Other pharmacies, physicians or providers are available in the plan's network. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-546-2834 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 888-546-2834 (TTY: 711).

Hunger vs food insecurity: What's the difference?

Food insecurity can lead to hunger.

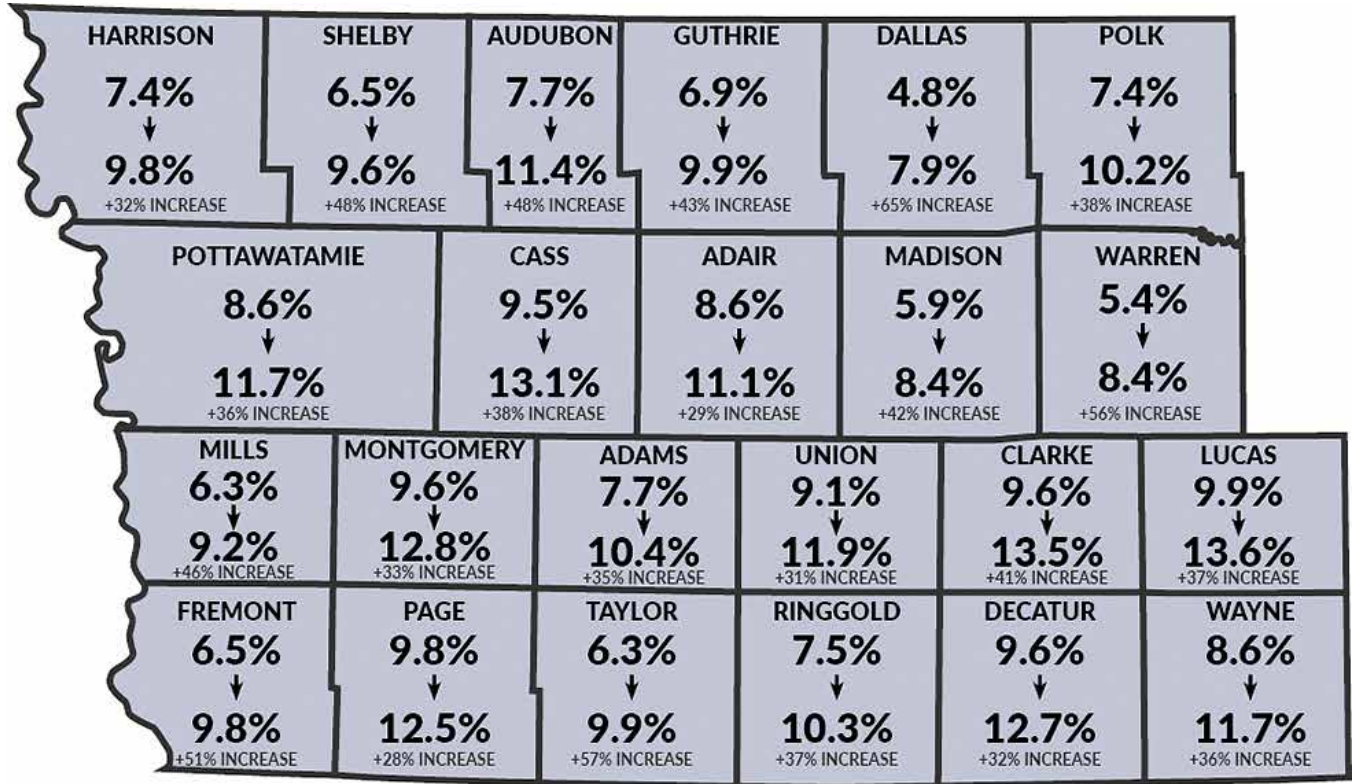
Food insecurity refers to household economic and social conditions that limit or leave uncertain a person's access to adequate food, according to the U.S. Department of Agriculture.

On the other hand, "Hunger is an individual-level physiological condition that may result from food insecurity," according to the USDA.

In practical terms, food insecurity is reflected in the groceries one can afford.

"Food insecurity isn't that you're starving," said Leslie Garman, of the Des Moines Area Religious Council, known as DMARC. It means a person might choose to eat something cheaper even if it's less healthy, or skip meals.

"Food insecurity is when I decide to skip lunch every day so my little brother has food. That's food insecurity and people don't



The Map the Meal Gap annual study by Feeding America offers a comprehensive view of how food insecurity varies across the United States at a local level. Above are the food insecurity rates comparing September 2023 to May 2024 in the Diocese of Des Moines. State-wide, last year's food insecurity rate was 1 in 13 Iowans. Now, it's 1 in 9.

think of it that way," she said.

The Catholic Church sees hunger and food insecurity as part of its pro-life teaching.

Catholic Social Teaching says: "Every person has a right to

life and to the material and spiritual support required to live a truly human existence," according to the U.S. Conference of Catholic Bishops. "The right to a truly human life logically leads to the right to enough food to sustain a life with dignity. The poverty and hunger that diminishes the lives of millions in our own land and in so many other countries are fundamental threats to human life and dignity and demand a response from believers."



Leslie Garman, development director for Des Moines Area Religious Council, shows a pallet of food heading to Catholic Charities' Food Pantry. DMARC contributes food that goes toward a monthly, 3-day box of food for those who need it. Last year, Catholic Charities gave away 1 million pounds of food to people at no expense to their guests.

Get your message to 30,000 Catholic households in central and southwest Iowa. Contact Sandy to advertise in The Catholic Mirror. 515-237-5046 or sriesberg@dmdiocese.org



Edencrest

YOUR Refreshing NEXT CHAPTER

BEAVERDALE Des Moines
3410 Beaver Avenue | 515.416.6200
Todd McNamara
todd.mcnamara@edencrestliving.com

GREEN MEADOWS Johnston
6750 Corporate Drive | 515.585.6063
Antoinette Deleon
antoinette.deleon@edencrestliving.com

KETTLESTONE Waukee
805 SE Tallgrass Lane | 515.499.4422
Shelly Timm
shelly.timm@edencrestliving.com

TIMBERLINE Urbandale
14001 Douglas Pkwy | 515.420.1968
Marti McMahan
marti.mcmahan@edencrestliving.com

THE TUSCANY Altoona
1600 8th street se | 515.808.5358
Tasha Tucker
tasha.tucker@edencrestliving.com

SIENA HILLS Ankeny
455 SW Ankeny Road | 515.526.5908
Jessica Johnson
jessica.johnson@edencrestliving.com

PLEASANT HILL Pleasant Hill
6151 Martha miller Dr | 515.415.3455
Carla Ellerman
carla.ellerman@edencrestliving.com

RIVERWOODS Des Moines
2210 E Park Avenue | 515.207.6660
Karrie Pratt
karrie.pratt@edencrestliving.com

THE LEGACY Norwalk
2901 Cedar Street | 515.599.9021
Juan Hakeem
juan.hakeem@edencrestliving.com

Coming Soon!

HIGHMARK SENIOR LIVING

iLubbell

EDENCRESTLIVING.COM

BEST **BEST** **BEST** **BEST** **BEST** **BEST** **BEST**



HAMILTON
LAW FIRM, P.C.
DES MOINES - STORM LAKE - SIOUX CITY

Established in 1876, we're one of Iowa's most experienced law firms.

515.309.3536, 12345 University Ave., Clive, IA 50325

Consejero Sobre Asistencia de Víctimas

El Consejero sobre Asistencia de Víctimas es un empleado de Polk County Victim Services. Ella ayuda a víctimas de abuso sexual por parte del clero durante el proceso de la queja y buscando servicios de apoyo y consejería. Pueden comunicarse al 515-286-2028 o en advocate@dmdiocese.org.

Parish uses technology, messaging to boost food pantry support

By Anne Marie Cox
Staff Writer

Help for hungry and food insecure people has skyrocketed at St. Francis of Assisi Parish in West Des Moines.

“St. Francis is a shining example of how a faith community can grow their impact by giving cash over food, helping DMARC to take advantage of economies of scale, and help the most people possible,” said Leslie Garman, development director at the Des Moines Area Religious Council, known as DMARC. The inter-faith group provides food to 14 pantries in the Des Moines metro area, including Catholic Charities and a mobile pantry system.

“Once a month our parish provides the opportunity to our parishioners to give,” said Father Joe Pins, pastor of St. Francis Parish. “The people’s generosity is appreciated by the parish and those the funds help to feed. We are here for the poor and lonely.”

Prior to the pandemic, St. Francis would hand out grocery bags monthly and ask people to bring them back with food or make a cash donation to support DMARC.

“For a parish of our size, the cash and food collected wasn’t

amounting to much. We knew we could do more to help those in need,” said parishioner Randy Jensen. As a board member of DMARC, he had learned that by donating cash in lieu of food, DMARC could use this money to purchase up to six times more food and help more people.

Last year, the parish raised \$42,000 for DMARC; this year, it expects that number to be closer to \$50,000.

What changed?

Parish support was boosted by enhanced messaging. Parishioner and DMARC board member Randy Jensen explained that they needed to communicate why they changed to a cash-only collection and to keep the parish informed of the critical level of need along with the impact of their fundraising.

DMARC helped by providing educational materials and statistics that are used in pulpit talks, bulletin announcements, and other forms of parish media.

The parish also created a portal for St. Francis online food pantry giving with a QR code. The portal shows how much money parishioners have contributed to date, and provides other statistics about the effect of their giving. Parishioners can see that last year’s donations purchased food for 54,500 healthy meals.

And, they do the monthly collection in person with a dedicated



Kip Augspurger, left, makes a donation to Randy Jensen, right, who is a member of St. Francis of Assisi Parish in West Des Moines and a board member of Des Moines Area Religious Council. He helped boost donations for DMARC’s 14 food pantry network.

team of volunteers.

On Food Pantry Sunday, Jensen and up to 20 volunteers wearing food pantry smocks work from “giving stations” in the gathering space. They personally greet parishioners, take donations, and provide information. This provides an opportunity to better inform parishioners about food insecurity and how their donations to DMARC are used.

“St. Francis turned their food pantry support into a monthly cash drive to help more people,” Garman said. “If I had my druthers, given this extreme need, I would ask every faith community to give cash. Imagine how much

that would help us.”

Food insecurity continues to set new record highs and the need is great. This month, DMARC expects to see more than 30,000 people at its 14 pantries. Last year, it served 27,450 people in November, the highest need

month on record.

For Catholics, feeding the hungry is a Corporal Work of Mercy.

Jensen sees their effort at St. Francis as “the one body of Christ working together to give help and hope to those in need.”

How you can help alleviate food insecurity

Continued from page 1

fits the needy in communities across the Diocese as individuals and organizations support their local food pantries and other charitable efforts.

“We appreciate the outpouring of support from our community,” said Stephanie Sullivan, of the Food Bank for the Heartland, which provides food for pantries in Nebraska and southwest Iowa.

“We are continually inspired by the outpouring of support from our community, from individuals, foundations, corporations, our retail partners, farmers and processors,” said Sullivan. “We have seen time and time again that when we are experiencing a crisis in our community that everyone works together to help each other.”

The Basilica of Saint John is hiring a part-time bookkeeper.

Please send resume to:

Attn: Business Manager
The Basilica of Saint John
1915 University Ave
Des Moines, IA 50314
CharlesS@BasilicaofStJohn.org

Des Moines Catholic Worker House Fund

Do you have an upcoming Required Minimum Distribution from your IRA? Do you have a donor advised fund? The Des Moines Catholic Worker House Fund is a 501c(3) non-profit. Your donations would be used to support the hospitality ministry of the Des Moines Catholic Worker House by providing food and other necessities to the homeless population of Des Moines.

Donations can be sent to:
Des Moines Catholic Worker House Fund
P.O. Box 1386 Ankeny, Iowa 50021

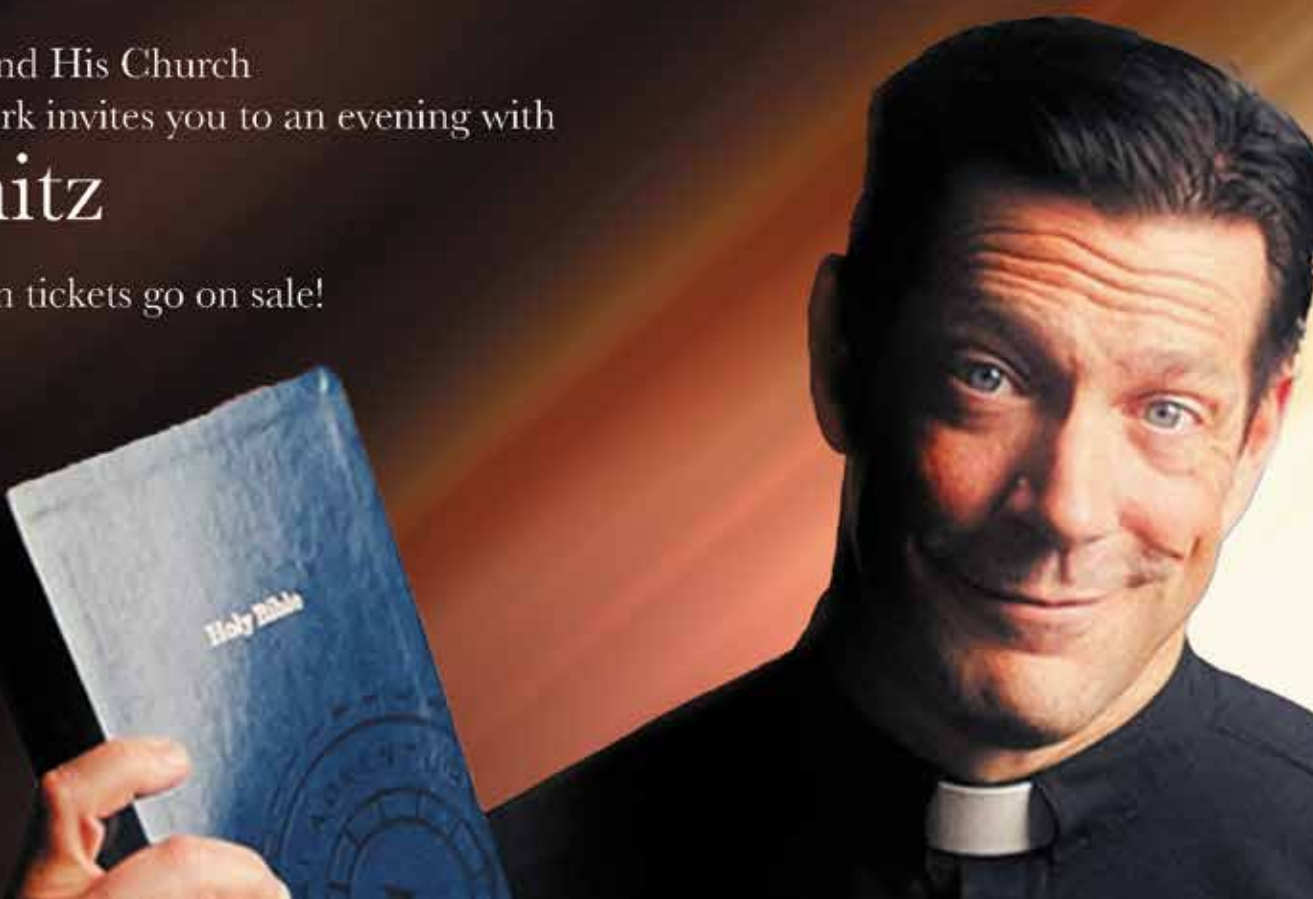
Or go to our website to give online at:
<https://friendsofcatholicworker.com/>

Celebrating 20 Years
Connecting Listeners to Christ and His Church
The Iowa Catholic Radio Network invites you to an evening with
Fr. Mike Schmitz

Sign up today to be notified when tickets go on sale!



IOWA
CATHOLIC
RADIO.COM



That person is such a narcissist

“That person is such a narcissist!”

Most of us have either heard this said or have maybe even said this about another person.

When a statement such as “they are a narcissist” is spoken, it is usually out of anger. Most commonly this anger is due to misplaced hurt from a relationship that did not go the way the person expected.

Regardless of the reason behind why it was said, it is an insult, and insults cause injury. To insult someone by saying that they are a narcissist is cruel.

Rarely is the individual who states that someone is a narcissist clued into the true diagnosis of Narcissistic Personality Disorder (NPD).

Saying a person is a narcissist has become a social trend of speech used to demean another so that some type of personal gain is achieved. Ironically, insults themselves exhibit traits of narcissism. To insult a person in such a way, may use up to seven of the nine traits to diagnose a person with such a disorder. We must remem-

Let's Get Psyched

By Deacon Randy Kiel



ber that diagnosing is the responsibility of a professional mental health provider, and it might take a significant amount of time before such a diagnosis such as NPD is reached.

The seven traits that an insulter may unawaredly demonstrate are as follows:

- Grandiose sense of self-importance.
- Need for admiration.
- Sense of entitlement.
- Exploitation behaviors.
- Lack of empathy.
- Envy.
- Arrogant behaviors.

Narcissistic Personality Disorder exists in an estimated 3-6% of the American pop-

ulation, with well over half of these being male. Quite commonly, due to misplaced emotions, one person may be referred to as a narcissist after a relationship did not work out. While there are more times than not that a person is improperly labeled as a narcissist, we must acknowledge that there are people who have truly been in relationship with an individual who has NPD.

For some, to insult another person may be an attempt to gain popularity, but in reality it is an adolescent-like act of unkindness. To be unkind is to be unloving. God does not call us to be unkind, on the contrary, He calls us to love. Love is patient and kind; it is not jealous and does not boast or seek its own glory. Love cannot be arrogant. It cannot insult a person, only a deep unkindness does this.

As I think about who in the Bible could represent narcissism well, I think of King Herod, Jezebel, the Pharisees, and Nabal, but the one who depicts narcissism the most would have to be Satan himself. Satan is always scheming, trying to cause

human beings to mess up and fall. To this day, Satan wants all people to worship and follow him rather than God.

Although we don't want to imitate Satan, we can learn from his narcissistic attitude about how not to be. For example, we don't need to copy his behaviors because they only hurt us, others, and God. Satan will use, manipulate, abuse and insult anyone to get what he wants.

As Catholics, we need to be educated about narcissism and the dangers that accompany this way of thinking and living. Narcissism can find its way inside the mind of believers and all types of authority, even those who are least assumed.

When tempted by anger to hurl an insult at another, let's remember that Jesus would never and has never insulted anyone. Rather he carried the burden of physical, emotional and spiritual insults all the way to Calvary. For this, we give our eternal gratitude.

Deacon Randy Kiel can be reached at kardiocounseling.com.

Questions on baptism, reading the Bible

Q. Why does the Church not baptize a stillborn child? – Thomas, Marshalltown

A. There was a time when many Catholics thought that if a child was not baptized and died, that he or she would go to “limbo.” The word limbo, in Latin, refers to “the margin.” St. Augustine was asked that question centuries ago, and he said that we should put that question “on the margin,” in limbo. That reference was never an official Church teaching. St. Augustine knew that baptism was more a commitment to live as a follower of Christ. That's why we employ sponsors or godparents, so that the person being baptized can rely on other Christians to be a better disciple. We don't baptize a stillborn child because he or she has already entered the presence of God. It goes without saying that we pray for the child and the parents and family of the little infant.

Q. In a previous column, you noted that the scripture readings for Sunday Mass are



I've Been Wondering...

Father John Ludwig

chosen in a certain way. Could you remind me how they are selected?

A. Sure. Each year, beginning with the First Sunday of Advent, we begin a new liturgical year. The readings are chosen from the first three Gospels: Matthew, Mark, and Luke. The Church uses a three-year cycle, which is repeated every three years. So, we will begin the Gospel of Luke on Dec. 1 (year C). Next year at this time, we'll begin the Gospel of Matthew (year A). And the following year, we'll begin the Gospel of Mark (year B). Ah, you say, the three Gospels – what about the Gospel of John? Well John's Gospel

is sprinkled through the three-year cycle, especially during the year when Mark's Gospel is featured. Mark's is the shortest Gospel, and so John's Gospel is used more prominently during that year. The first reading, often from the Old Testament, is chosen to match the theme of the gospel for a given Sunday. The second reading is usually a consecutive reading of one of the epistles over several Sundays.

Q. Is there an easy way to read the Bible?

A. It's a big book, isn't it? There are many ways to get acquainted with the scrip-

tures. If your parish has a scripture study group, consider signing up. Another way is to read the readings of the Sundays of the Church year. “At Home With the Word” is available in many parishes. That publication offers the readings for each Sunday of the Church year. Those readings are also available online at the website for the United States Conference of Catholic Bishops – www.USCCB.org. Still another way is to choose one of the gospels. This coming year, a good choice would be the Gospel of Luke, since most of the Sunday gospels this year will come from St. Luke. Don't try to read the Bible from cover to cover – that would be like trying to read all the books in the library. Take small steps see what God may be showing you.

Father John Ludwig is a retired priest of the Diocese of Des Moines. Send questions to communications@dmdiocese.org.

Bread and wine

At the Last Supper when Jesus instituted the Eucharist he chose to use two elements, bread and wine. The images are now so deeply ingrained in our consciousness that we never stop to ask, why bread and wine? Among all the things Jesus might have chosen, why these two? What do they carry in themselves that make them particularly apt to give expression to the body and blood of Christ? What, more particularly, does each represent?

As they are used in the Eucharist, bread and wine symbolize very different aspects of our lives, of our world, and of Jesus' life.

Bread. What is bread? What did it represent for Jesus at that first Eucharist? A loaf of bread is made up of many kernels of wheat which when ground up lose their separate identity and become a single loaf. In the Eucharist, the bread represents us, many individuals, now together as one body, the Body of Christ. But it also represents a particular aspect of our lives, namely, our lives insofar as we are joyous, healthy, in community with each other, and thriving as God's children. The smell of fresh bread speaks of life. So does the bread at the Eucharist. It becomes the bread of the world's achievements and holds up for God's blessing all that is young, healthy, creative, and bursting with life.

Metaphorically, the bread celebrates the Galilean period in Jesus' life and in our



By Father Ron Rolheiser

own lives – the time of youth, of miracles, of walking on water, of raising people from the dead, of the joyous energy of life, of falling in love, and of the birth of new life.

The wine. What did it represent for Jesus and what does it represent in the Eucharist? Wine is made from crushed grapes and represents blood. And as the blood of Christ, it represents all that is broken, fragile, not whole, sick, suffering, and dying in the world. It is the wine of the world's mortality and inadequacy, the blood of all is crushed as the world's achievements take place.

Metaphorically, the wine commemorates the Jerusalem period of Jesus' life and that period in our own lives – the time of misunderstanding, of being the victim, of mental anguish, of physical anguish, of being ostracized, of the loneliness of dying when others can't help us.

And the two together make for one balanced whole, life in all its aspects. In effect, when the presider at a Eucharist holds

up the bread and wine, this what is being said: Lord, what I hold up for you today is all that is in this world, both of joy and suffering - the bread of the world's achievements and the blood of all that's crushed as those achievements take place. I offer you everything that is healthy and thriving in our world – the joy at our tables, the joy of children, the hopeful dreams of the young, the satisfaction of achievement, and everything that's creative and bursting with life, even as I offer you all that is weak, feeble, aged, crushed, sick, dying, and victimized. I offer to you all the pagan beauties, pleasures, and joys of this life, even as I stand with you under the cross, affirming that the one who is excluded from earthly pleasure is the cornerstone of the community. I offer you the strong, along with the weak and gentle of heart, asking you to bless both and stretch my heart so that it can, like you, hold and bless everything that is. I offer you both the wonders and the pains of this world, your world.

Spirituality might take some lessons from this. Too often spiritualities are one-sided and need balance.

On the one hand, a spirituality can center itself too one-sidedly on human thriving to the neglect of human inadequacy: suffering, sin, mortality, and of Jesus' invitation to take up his cross. It celebrates only youth, health, prosperity, and good-

ness – and presents a Jesus who offers us a Prosperity Gospel rather than a Whole Gospel.

Conversely, a spirituality can center itself too one-sidedly on human inadequacy: sin, mortality, asceticism, and the renunciation of pleasure. It celebrates the old but not the young, the sick but not the healthy, the poor but not the prosperous, the dying but not the living, and the next world but not this one. This strips the Gospel of its wholeness and presents a Jesus who is an unhealthy ascetic and frowns on natural human happiness.

The bread and wine in the Eucharist give voice to all aspects of life. In the words of Pierre Teilhard de Chardin, the words of consecration at a Eucharist in essence read like this: “Over every living thing which is to spring up, to grow, to flower, to ripen during this day, I say again the words: ‘This is my body’. And over every death-force which waits in readiness to corrode, to wither, to cut down, I speak again your words which express the supreme mystery of faith: ‘This is my blood.’”

Oblate Father Ron Rolheiser is a theologian, teacher, and award-winning author. He can be contacted through his website ronrolheiser.com. Now at Facebook [com/ronrolheiser](https://www.facebook.com/ronrolheiser)

Un Asunto del Corazón

Continued from page 2

a la Bondad Divina” (Francisco de Sales, Introducción a la Vida Devota citado en DN n. 178). ¡Me imagino que la mayoría de nosotros que pasemos tiempo en familia en las próximas fiestas tendremos muchas oportunidades de hacer pequeños actos de amor al tolerarnos los unos a los otros en un lugar cerrado!

Hay mucho más en este espléndido “ramo” de mensaje que presenta el Papa como tributo a Jesús, nuestro Rey y Salvador. Es también su estilo de ganarse de nuevo nuestros corazones para el Señor quien nos aprecia y que quiere ser nuestro amigo a nuestro nivel de vida, solamente para atraernos hacia la compañía de su Reino con su Padre en el Espíritu.

Pudiera sugerirles, además de las lecturas diarias de la Misa, que la encíclica pudiese servir como alimento espiritual y de reflexión mucho más allá de noviembre dentro de las semanas del Adviento, cuando nos preparemos nuevamente para recibir al Verbo que ha tomado un corazón de carne: <https://www.vatican.va/content/francesco/es/encyclicals/documents/20241024-enciclica-dilexit-nos.html>.

No se aún si voy a preparar el platillo de maíz festoneado para la mesa de Acción de Gracias. Pero al anticipar el celebrar la Misa de Acción de Gracias a las 9 de la mañana – EL acto supremo de acción de gracias – en la Catedral de San Ambrosio, recuerdo tantos momentos recientes en que he observado el amor penetrante de Dios, por los cuales doy gracias. Unos ejemplos:

- El diácono permanente cuyos ojos se llenaron de Lágrimas cuando su hijo trajo a su hermosa pequeña nieta a la Iglesia justo

antes de la Misa

- Los siete estudiantes de la Escuela San Malaquías en Cres-ton a quienes entrevisté y quienes ya han recibido o van a recibir los sacramentos de iniciación al integrarse a la Iglesia

- La reunión de preparación prematrimonial con una pareja anglo-hispana, cuya boda voy a celebrar en algunas semanas y en donde me relataron cómo su noviazgo les sirvió a ambos para regresar a la Misa

- Las ocasiones en que simplemente me reúno con nuestros sacerdotes de Des Moines – en nuestro taller anual, días de estudios del clero, en la reciente Cena Andrés en donde escuché a un panel de sacerdotes jóvenes y a Monseñor Beeson radiar su amor por Jesús y por el sacerdocio – ¡soy sacerdote con y para estos individuos!

- Los miércoles y demás ocasiones en que escucho confesiones y me siento tan motivado por la contrición y el dese de los penitentes de recibir misericordia y amor más verdaderamente, más constantemente

- El Congreso Nacional Eucarístico en Indianápolis el pasado mes de julio en donde noche tras noche, 55,000 personas se postraron en silenciosa Adoración Eucarística en el Estadio Lucas Oil; y luego el sábado por la tarde, alineados en las calles del centro, aclamamos públicamente su amor por aquellos que representan el corazón de Jesús como mujeres religiosas y miembros del clero.

- El personal diocesano del

Centro Pastoral, con quienes siempre busco colaborar diariamente, con su disposición ante los retos, el discernimiento, consejo y creatividad que me inspiran, y todo esto a la vez que evitan que me tome demasiado en serio

- El joven con tatuajes y cadenas que cubren sus brazos que tuvo la humildad de pedirme algo de comer, y que estaba tan agradecido por recibir un plato de sopa.

- La pareja adulta que se acompaña a la procesión de la comunión, uno de ellos usando un caminador, apoyándose uno en el otro con intensidad de vida, hasta que puedan ellos apoyarse en Jesús, su intensidad de vida

- La llamada que recibí no hace mucho de un exalumno mío que ahora trabajo con niños con necesidades especiales, quien me dijo que aquello que le dije hace siete años en el confesionario evitó que se suicidara.

- El observar a mi mamá en vigilia silenciosa y llena de lágrimas ante el féretro de su único hermano, nuestro tío, Padre Ralph Simington

- El regalo que me ofrece Dios cada día de servirles a ustedes, la gente de la Diócesis de Des Moines, cuya ferviente fe, contundente humor y genuina humanidad – ya sean nacidos en Iowa o en algún lugar lejano – demuestras los muchos rostros que nos presenta Jesús a quienes juntos buscamos contemplar su rostro

¡Gracias! ¡Los amo! ¡Oh, Jesús, haz que nuestros corazones se asemejen más al tuyo!

Advertise in The Catholic Mirror.
Call 515-237-5046.

Family faith resources for Advent available at dmdiocese.org/livingadvent

Vincentian Services Liaison Needed!

Help Build Community Engagement: Vincentian Services Liaison Needed! St. Vincent de Paul Des Moines seeks a dynamic and compassionate individual for the part-time position of Vincentian Services Liaison. This role involves overseeing parish-based conferences, engaging volunteers, and enhancing outreach efforts. Key responsibilities include attending meetings, leading communication initiatives, and providing training and presentations. The position requires local travel and occasional evening and weekend availability.

Qualifications include a degree in Human Services or a related field, or equivalent experience, with a minimum of two years in the Des Moines area. Strong leadership, communication, and organizational skills are essential. The ideal candidate will be skilled in driving organizational change and building grassroots volunteer efforts. This role offers a chance to make a meaningful impact within the community while working in a supportive, professional office environment. A valid driver's license is required. Join us in making a difference! If you are interested, please contact the Executive Director at 801- 73rd Street, Windsor Heights 50324, execdir@svdpdsm.org.

Director of Faith Formation

St. John's Catholic Church in Adel is seeking a Director of Faith Formation. The full-time (35 hour week) position includes benefits with a flexible schedule. Located west of the Des Moines Metro area, St. John's is a growing parish community. This leadership position is responsible for the overall planning and implementation of the religious education and sacramental preparation of the parish. More information can be found on our Parish Website: www.stjohnsadel.org



Improving Our Communication Skills

December 13, 9:00 a.m. - December 14, 3:00 p.m. Schuyler, NE



Communication skills are essential in the family, in church, and in all walks of life. Learn active listening, avoiding Roadblocks to communication, and how to confront and resolve conflict. **Fr. Joseph A. Miksch**, from Columbus, NE, is certified as a teacher of communication skills by Gordon Training International, Solana Beach, CA.

Register now at www.StBenedictCenter.com

St. Benedict Center
www.stbenedictcenter.com
Retreats@stbenedictcenter.com
402.352.8819

CARING ABOUT YOUR LOSS AND SHARING IN YOUR FAITH

Prayer to St. Joseph for a Happy Death

O blessed Joseph who died in the arms of Jesus and Mary, obtain for me, I beseech you, the grace of a happy death. In that hour of dread and anguish, assist me by your presence, and protect me by your power against the enemies of your salvation. Into your sacred hands, living and dying, Jesus, Mary, Joseph, I commend my soul.

Amen

John & Mark Parrish, parishioners of St. Francis of Assisi

CALDWELL PARRISH FUNERAL HOME & CREMATORY
Urbandale • Adel • Winterset • CaldwellParrish.com

DES MOINES' ONLY CATHOLIC-OWNED & OPERATED FUNERAL HOME.

A FANTASTIC SHOPPING EVENT

IOWA'S LARGEST ARTS & Crafts SHOW

Over 300 Exhibitors

November 15-17

VARIED INDUSTRIES BLDG. IOWA STATE FAIRGROUNDS DES MOINES, IOWA Fri. 5-9; Sat. 9-5; Sun. 10-4	ADM. Just \$8.00 (10 & under free) FREE PARKING - Free Shuttle Bus Service from North Parking Lot on Both Friday & Saturday.
---	--

"Where You Can Buy That Quality, Handmade Product At An Affordable Price."
Garden Art, Oak Furniture, Paintings, Ceramics, Jewelry, Metal Art Sculptures, Pet Products, Etched & Stained Glass, Yard Art, Pottery, Blown Glass, Candles, Clothing, Floral Wreaths, Toys & Dolls, Baskets, Rugs, Glassware, Purses, Ornaments and Food.
Callahan Promotions, Inc. 563-357-1986

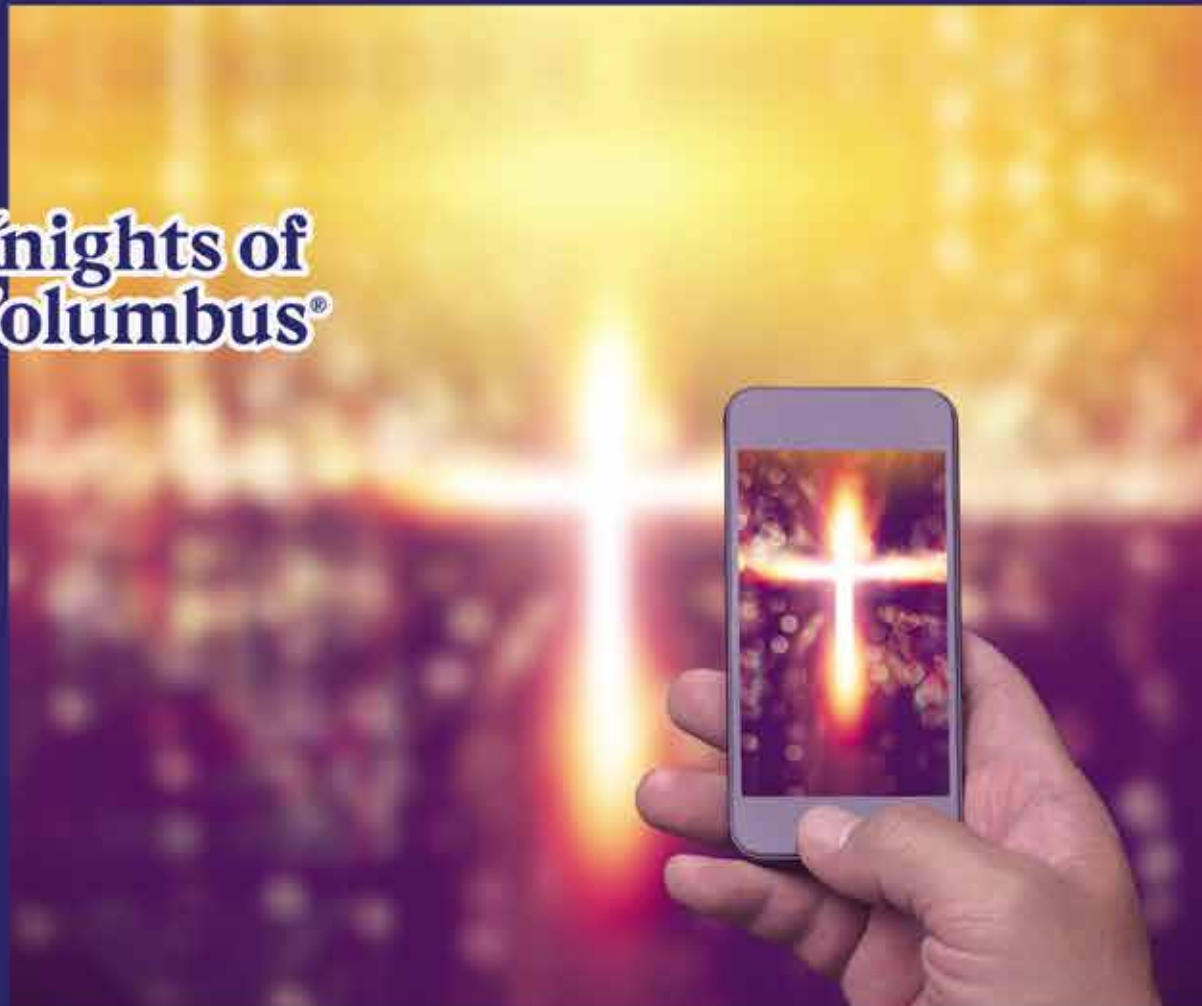
To Purchase Discounted Advance Tickets and For A Chance To Win \$50 Gift Certificates, Visit Our Facebook Page at Callahan Promotions, Inc.

Protect your family's future

JOIN THE KNIGHTS KOFC.ORG/JOINUS



Knights of Columbus®




KOFC
kofc.org/join
 Promo Code:
BLESSEDMCGIVNEY



KOFC
kofc.org/unete
 Código:
BLESSEDMCGIVNEY

LIFE INSURANCE • DISABILITY INCOME INSURANCE • LONG-TERM CARE INSURANCE • RETIREMENT ANNUITIES

Wishing you a Happy and Blessed Thanksgiving



Michael Bormann
 General Agent
 563-689-6801
michael.bormann@kofc.org
 Eastern Iowa



Neil Pfeifer
 General Agent
 402-379-0180
neil.pfeifer@kofc.org
 Western Iowa



Walker Bormann
 Assistant General Agent
 563-219-5800
walker.bormann@kofc.org
 Eastern Iowa



Jeremy Borchers
 Assistant General Agent
 402-750-4775
jeremy.borchers@kofc.org
 Western Iowa



Donnie Kenkel
 Field Agent
 712-579-9066
donald.kenkel@kofc.org
 Council Bluffs, Atlantic, Red Oak, Glenwood, Avoca/Walnut, Shenandoah, Portsmouth



Rob Ryan
 Field Agent
 515-490-8753
robert.ryan@kofc.org
 West Des Moines, St. Francis, Sacred Heart



Pete Seuntjens
 Field Agent
 712-880-0044
peter.seuntjens@kofc.org
 Harlan, Earling, Audubon, Dunlap, Logan



Gregory Waddle
 Field Agent
 515-218-3550
gregory.waddle@kofc.org
 St. Augustin, St. Anthony's, Christ the King



Justin Wadle
 Field Agent
 515-975-2688
justin.wadle@kofc.org
 Perry, Ankeny, Des Moines/All Saint's



Knights of Columbus®

Knights of Columbus,
 1 Columbus Plaza, New Haven, CT 06510